



# RUNNYMEDE SWIMMING CLUB

## JINGLE BELLS OPEN MEET

**(Held under ASA Laws and Technical Rules)**

Licensed by the ASA for entry into County Championships at Level 3 under NO. 3ER181220

**Saturday 1<sup>st</sup> December 2018**

At Basildon Sporting Village

Warm up 5.30pm, Start 18.00pm

Boys 15 Mins / Girls 15 Mins

### **Lanes**

Southend 1 & 2

Colchester 3 & 4

Halstead 5 & 6

Boss 6 & 7

Thurrock/Hornchurch 8

Expected Finish 21.00pm

### **SWIMMERS MUST SIGN IN FOR ALL OF THE EVENTS**

Lane 1,3,5,7 clockwise, lanes 2,4,6,8 anti-clockwise.

Coaches are asked to supervise their swimmers during the warm up. One length starts will be given 5 minutes before the end of each warm up.

**Swimmers must report to the marshalling area before their race.**

